

SUMMER CAMPS

Play-Well TEKnologies – Free Summer Camp Preview Workshop (Ages 5 – 7)

Check out what Play-Well has to offer this summer at our free LEGO® workshop! Using over 100,000 pieces of LEGO®, our program will build students' problem-solving skills, foster a greater appreciation of how things work, and encourage the qualities of inquisitiveness and self-confidence. Projects for the workshop will be selected by the instructor. Parents, feel free to come by and check out what we have to offer even if your child cannot attend.

#20200.....Free registration required
S 6/10 10-11:30 a.m.
Loc: Lytle House

Play-Well TEKnologies – Intro to STEM with LEGO® (Ages 5 – 7)

Tap into your imagination with tens of thousands of LEGO®! Build engineer-designed projects such as boats, snowmobiles, catapults, and merry-go-rounds. Then use special pieces to create your own unique design! New and returning students can explore the endless creative possibilities of the LEGO® building system with the guidance of an experienced Play-Well instructor.

#20201.....R \$174/NR \$208
M-F 6/26-6/30 1-4 p.m.
Loc: Lytle House



Young Rembrandts – App and Video Game Art (Ages 6 – 12)

Art is all around us, including on phones and online! Join Young Rembrandts for a workshop mimicking Young Rembrandts the amazing imagery of our favorite apps and video games! Every day students will learn new illustration and coloring techniques inspired by popular video games. Artwork is inspired by pixel block characters, plants, zombies and more. If your child loves to game or draw, they'll have a blast putting their own personal touches on some of these favorites! Register your special gaming artist today!



#20212.....R \$165/NR \$198
M-F 7/10-7/14 1-4 p.m.
Loc: Lytle House

Smart with Art

Smart with Art – Minecraft Mania (Ages 8-12)

Think Minecraft is just a video game? Think again. Create, explore, and put your problem-solving skills to the test by building an adventure map and resource packs at this exciting week of tech-focused camp. Take control of your world with command blocks and redstone. Students will work daily in teams on laptops in this exciting camp. Many schools—even universities—are adopting the Minecraft platform to help with reading, writing, math and science but let's tell our kids it's a video game, okay? *Registrations must be received by the Wednesday before camp begins.*

#20177.....R \$215/NR \$258
M-F 7/17-7/21 1-4 p.m.
Loc: Lytle House

R = Bothell Resident fee
NR = Non-Resident fee

Play-Well TEKnologies – Batman's Gotham Gadgets with LEGO® (Ages 6 – 11)

Take on Gotham's villains by designing and building Batman's favorite crime-fighting machines! Build the Bat Tumbler, craft a Batwing, and design your very own Batcave, all out of LEGO®. Then use your projects to help save the city. Be the super-hero or super-heroine Gotham needs while learning how the world works through STEM concepts!

#20202.....R \$174/NR \$208
M-F 7/24-7/28 1-4 p.m.
Loc: Lytle House



Mad Science – Super Science Sampler (Ages 6 – 12)

Science comes in all shapes and sizes and we'll examine a few during this hands-on expedition. Become an engineer and build bridges, domes, cubes, and pyramids. Assemble and control pulleys, levers, catapults, and simple machines. Use chemistry to make your own sidewalk chalk and crystal gardens. Become an ornithologist and discover unique characteristics of birds! Every day, Mad Science delivers engaging hands-on activities, amazing demonstrations, and fun educational take-homes that your Junior Mad Scientist can share with family and friends.

#20211.....R \$185/NR \$222
M-F 7/31-8/4 1-4 p.m.
Loc: Lytle House



Young Rembrandts – Fashion Drawing: ‘Tween Style (Ages 6 – 12)

Join us for five days of fashion design and drawing, layering and styling and tons of dazzling accessories. The perfect workshop for the fashionista in your family! Students will learn to draw portraits, figures and tons of the latest ‘tween fashion trends. Hurry and enroll, this workshop favorite fills up fast!

#20213.....R \$165/NR \$198
M-F 8/7-8/11 1-4 p.m.
Loc: Lytle House

Play-Well TEKnoLogies – Fundamentals with LEGO® (Ages 6 – 9)

Power on your engineering skills with Play-Well TEKnoLogies and tens of thousands of LEGO®! Apply real-world concepts in physics, engineering, and architecture through engineer-designed projects such as snowmobiles, towers, catapults, and Battletracks! Design and build as never before, and explore your craziest ideas in a supportive environment. An experienced instructor will challenge new and returning students to engineer at the next level.

#20203.....R \$174/NR \$208
M-F 8/14-8/18 1 – 4 p.m.
Loc: Lytle House

Mad Science - Crazy Chemworks (Ages 6 – 12)

The wonders of chemistry are revealed as your Junior Chemist creates surprising concoctions, breaks molecules with ease and shakes up a flask full of fun. Kids will use the tools, safety procedures and laboratory techniques of real chemists as they investigate solids, liquids and gases at the atomic level. They’ll craft chemical combinations to create super-sticky-stuff, analyze the properties of light and discover why things glow in the dark. Exploring the elements has never been so much fun! Every day, Mad Science delivers engaging hands-on activities, amazing demonstrations, and fun educational take-homes that your Junior Mad Scientist can share with family and friends. *Registrations must be received by the Wednesday before camp begins.*

#20210.....R \$185/NR \$222
M-F 8/21-8/25 1-4 p.m.
Loc: Lytle House

Parks and Recreation Class Locations

Canyon Park Jr. High
23723 23rd Ave SE, Bothell, 98021

Cedar Grove Park
22421 9th Ave SE, Bothell, 98021

Doug Allen Sportsfields
19417 88th Ave NE, Bothell, 98011

Downtown Firehouse
10726 Beardslee Blvd., Bothell, 98011

Lytle House
9929 NE 180th St., Bothell, 98011

North Creek Field #1
19016 N Crk Pkwy, Bothell, 98011

Northshore Jr. High
12101 NE 160th St, Bothell, 98011

Skyview Jr. High
21404 35th Ave SE, Bothell, 98021

Stipek Park
1800 242nd St. SE, Bothell, 98021

Westhill Elementary
19515 88th Ave NE, Bothell, 98011

BLYTH PARK FAMILY CAMPOUT

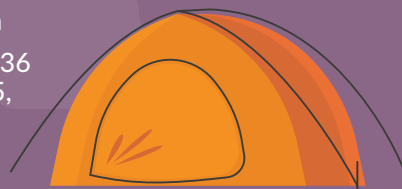
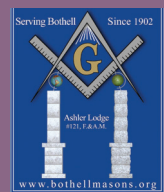
Saturday, August 26-27 • 5PM to 10AM

Join us for an unforgettable night in the great outdoors of Bothell’s Blyth Park! It’s sure to be a blast for all ages as we make crafts, play games, eat s’mores, and sing songs around the campfire. Pack your tent, sleeping bag, flashlight, and bug spray, and come ready for a night of one-of-a-kind family fun. Dinner and continental breakfast provided. Participants under the age of 18 must be accompanied by an adult. *Thanks to Russell’s Restaurant and Loft and the Ashler Masonic Lodge for their generous sponsorship of this event.*

#20882

Bothell Resident -
\$30 per family
up to 5, \$5 per
additional person

Non-Resident - \$36
per family up to 5,
\$6 per additional
person



RECREATION - SKYHAWKS CAMPS

		AGE	TIME	LOC	COST	COURSE #
6/27 - 6/30	Beginning Golf with SNAG*	5-8	9 a.m. - 12 p.m.	DAS	R\$115/NR\$138	20133
	Soccer ½ Day	5-7	9 a.m. - 12 p.m.	DAS	R\$115/NR\$138	20437
	Soccer Full Day	6-12	9 a.m. - 3 p.m.	DAS	R\$135/NR\$162	20436
	Tennis	6-12	9 a.m. - 12 p.m.	NJH	R\$115/NR\$138	20123
7/3, 7/5 - 7	Mini-Hawk (Soccer, Baseball & Basketball)	4-7	9 a.m. - 12 p.m.	DAS	R\$115/NR\$138	20137
7/5 - 7/7	Tennis	6-12	9 a.m. - 12 p.m.	CPJH	R\$89/NR\$106	20124
	Tennis (Ages 4-6)	4-6	12:30 - 1:15 p.m.	CPJH	R\$45/NR\$54	20219
7/10 - 7/14	Flag Football - ½ Day	5-7	9 a.m. - 12 p.m.	NCF1	R\$135/NR\$162	20144
	Flag Football - Full Day	6-12	9 a.m. - 3 p.m.	NCF1	R\$159/NR\$190	20142
	Soccer - ½ Day	5-7	9 a.m. - 12 p.m.	DAS	R\$135/NR\$162	20146
	Soccer - Full Day	6-12	9 a.m. - 3 p.m.	DAS	R\$159/NR\$190	20150
	Baseball ½ Day	5-7	9 a.m. - 12 p.m.	DAS	R\$135/NR\$162	20439
7/17 - 7/21	Lacrosse	7-14	9 a.m. - 12 p.m.	NCF1	R\$135/NR\$162	20159
	Mini-Hawk (Soccer, Baseball & Basketball)	4-7	9 a.m. - 12 p.m.	DAS	R\$135/NR\$162	20138
	Multi-Sport (Soccer, Baseball & Flag Football)	6-12	9 a.m. - 3 p.m.	DAS	R\$159/NR\$190	20160
	Tennis	6-12	9 a.m. - 12 p.m.	CPJH	R\$135/NR\$162	20125
7/24 - 7/28	Beginning Golf with SNAG*	5-8	9 a.m. - 12 p.m.	DAS	R\$135/NR\$162	20134
	Flag Football - Flag Day	6-12	9 a.m. - 3 p.m.	DAS	R\$159/NR\$190	20141
	Soccer - ½ Day	5-7	9 a.m. - 12 p.m.	CG	R\$135/NR\$162	20147
	Soccer - Full Day	6-12	9 a.m. - 3 p.m.	CG	R\$159/NR\$190	20151
	Tennis	6-12	9 a.m. - 12 p.m.	CPJH	R\$135/NR\$162	20126
7/31 - 8/4	Baseball - ½ Day	5-7	9 a.m. - 12 p.m.	NCF1	R\$135/NR\$162	20162
	Baseball - Full Day	6-12	9 a.m. - 3 p.m.	NCF1	R\$159/NR\$190	20163
	Multi-Sport	6-12	9 a.m. - 3 p.m.	DAS	R\$159/NR\$190	20440
8/7 - 8/11	Mini-Hawk (Soccer, Baseball & Basketball)	4-7	9 a.m. - 12 p.m.	CG	R\$135/NR\$162	20139
	Soccer - ½ Day	5-7	9 a.m. - 12 p.m.	DAS	R\$135/NR\$162	20148
	Soccer - Full Day	6-12	9 a.m. - 3 p.m.	DAS	R\$159/NR\$190	20152
	Tiny-Hawk (Soccer)	3.5 - 5	12:30 - 1:15 p.m.	DAS	R\$69/NR\$82	20164
	Tennis (Ages 4-6)	4-6	12:30 - 1:15 p.m.	SJH	R\$69/NR\$82	20220
	Tennis	6-12	9 a.m. - 12 p.m.	SJH	R\$135/NR\$162	20127
8/14 - 8/18	Mini-Hawk (Soccer, Baseball & Basketball)	4-7	9 a.m. - 12 p.m.	DAS	R\$135/NR\$162	20140
	Multi-Sport (Soccer, Baseball & Flag Football)	6-12	9 a.m. - 3 p.m.	DAS	R\$159/NR\$190	20161
	Tennis	6-12	9 a.m. - 12 p.m.	CPJH	R\$135/NR\$162	20128
8/21 - 8/25	Beginning Golf with SNAG*	5-8	9 a.m. - 12 p.m.	DAS	R\$135/NR\$162	20135
	Flag Football - Full Day	6-12	9 a.m. - 3 p.m.	DAS	R\$159/NR\$190	20143
8/28 - 9/1	Soccer - ½ Day	5-7	9 a.m. - 12 p.m.	NCF1	R\$135/NR\$162	20145
	Soccer - Full Day	6-12	9 a.m. - 3 p.m.	NCF1	R\$159/NR\$190	20149

*Key to locations, addresses on page 5.

Canyon Park Jr. High - CPJH
Cedar Grove Park - CG
Doug Allen Sportfields - DAS
North Creek Field #1 - NC1
Northshore Jr. High - NJH
Skyview Jr. High - SJH
Westhill Elementary - WE



For specific information on Skyhawks camps go to www.skyhawks.com

Register: www.bothellparks.net
or www.skyhawks.com

*Starting New at Golf



All Around This World

Bothell Parks & Recreation is excited to partner with SamseStudios to offer All Around This World. The curriculum is designed to introduce kids of all ages to world culture and diversity through music. Children, along with their parents or classroom teachers, will explore the world region by region, culture by culture, and language by language, as they connect with each culture through the universal language of music.

There is a \$5 music CD fee payable on first day of class. Location is the Lytle House.



Africa for Babies

(Ages 5 mos. – 15 mos. with parent)

Enjoy music with your child from the start! Foundation is laid for musical and language comprehension through patting, clapping, singing, movement, and dancing with your baby. All through the lens of music from all parts of the world. Fun for parents, too! *No Class 6/23

#20172.....1st Child R \$35/ NR \$42
2nd + Child R/\$25/NR \$32
 F 6/2 - 7/7* 9 – 9:45 a.m.

Africa for Toddlers (Ages 15 mos. – 2 years)

Sing, dance, wiggle and play! Toddlers will enjoy this high-energy approach to musical exploration, while parents will appreciate learning new music from other cultures. This class develops musical, linguistic, and social skills, and introduces music-making using various instruments. *No Class 6/23

#20174.....1st Child R \$35/ NR \$42
2nd + Child R/\$25/NR \$32
 F 6/2 - 7/7* 10 – 10:45 a.m.

Africa for Everyone

(Ages 5 mos. – 5 years with parent)

This class is a great option for families with 2 or more small children. Learn about music, language, and other cultures! Children will explore concepts of rhythm, melody and develop aural skills, while also developing early cultural awareness. Parents will learn something new each week, too! *No Class 6/23

#20176.....1st Child R \$35/ NR \$42
2nd + Child R/\$25/NR \$32
 F 6/2 - 7/7* 11 – 11:45 a.m.

SUMMER OFFERING Music All Around This World

(Ages 5 mos. – 5 years with parent)

NEW!

Learn about music, language, and other cultures! Children will explore concepts of rhythm, melody and develop aural skills, while also developing early cultural awareness. Parents will learn something new each week, too!

There is a \$3 music CD fee payable on the first day of class.

#20889.....1st Child R \$28/ NR \$34
2nd + Child R/\$18/NR \$22
 F 7/14 - 8/4 10:30 – 11:15 a.m.

Just Kidding Around

Children's Concert Series

**PRESENTED
 BY:**



Sponsored by Allegro Pediatrics



**Brian Vogan & His Good Buddies
 July 19**

**Recess Monkey
 August 2**



Sponsored by Allegro Pediatrics



Sponsored by PCC Natural Markets

**The Not-Its
 August 16**

**FREE! | 11:00 a.m. - 11:50 a.m.
 Park at Bothell Landing
 9919 NE 180th St.**

Allegro PEDIATRICS
PCC NATURAL MARKETS
Snapdoodle Toys

Kidz Love Soccer

Kids ages 2 to 10 learn the world's most popular sport from professional coaches trained in the Kidz Love Soccer method. A session includes age-appropriate activities: skill demonstrations, games, and instructional scrimmages conducted in a non-competitive, recreational form. Kidz Love Soccer: "where the score is always fun-to-fun!"
Registrations must be received by the Wednesday before class begins.

Go to www.kidzlovesoccer.com for more information.

Kidz Love Soccer Rainout Hotline - 1-888-372-5803



Mommy/Daddy & Me Soccer (Ages 2-3.5)

Introduce your toddler to the "World's Most Popular Game!" As you and your child participate in our fun, age-appropriate activities, your child will develop large motor skills and socialization skills. A variety of activities designed around the game of soccer will be played each week. The fun happens on the field, and in Mommy/Daddy & Me Soccer, you won't watch from the sidelines! Each child will receive a soccer jersey.

#20872..... R \$82/NR \$98
 M 7/10-8/21 5:55-6:25 p.m.
 Loc: Stipek Park

#20873..... R \$82/NR \$98
 F 7/7-8/18 6:15-6:45 p.m.
 Loc: Cedar Grove Park

Tot-Soccer (Ages 3.5-4)

Encourages large motor skill development through fun soccer games and introduces small children to the group setting. Little tykes will enjoy running and kicking just like the big kids! Participants receive a soccer jersey. Shin guards are required after the first class.

#20874..... R \$82/NR \$98
 M 7/10-8/21 3:10-3:40 p.m.
 Loc: Stipek Park

#20875..... R \$82/NR \$98
 F 7/7-8/18 3:30-4 p.m.
 Loc: Cedar Grove Park

Pre-Soccer (Ages 4-5)

Teaches the basic techniques of the game and builds self-esteem through participation and fun soccer activities. Children learn to follow instructions in a nurturing, age-appropriate environment. Participants receive a soccer jersey. Shin guards are required after the first class.

#20877..... R \$82/NR \$98
 M 7/10-8/21 3:40-4:15 p.m.
 Loc: Stipek Park

#20876..... R \$82/NR \$98
 F 7/7-8/18 4-4:35 p.m.
 Loc: Cedar Grove Park

Soccer 1: Techniques & Teamwork (Ages 5-6)

Players will learn dribbling, passing, defense and shooting goals! Fun skill games are played at every session, and every participant will have a ball at his or her feet. Small-sided soccer matches will be introduced gradually. Perfect for first-time players while being fun and engaging for kids with some experience. Participants receive a soccer jersey. Shin guards are required after the first class.

#20878..... R \$82/NR \$98
 M 7/10-8/21 4:15-5 p.m.
 Loc: Stipek Park

#20879..... R \$82/NR \$98
 F 7/7-8/18 4:35-5:20 p.m.
 Loc: Cedar Grove Park

Soccer 2: Skills and Scrimmages (Ages 7-10)

Players will enjoy advanced skill building: dribbling, passing and shooting in a team play format. Each class we will play games to build individual skills and small-sided scrimmages that emphasize finer technical points. This is the perfect bridge from our Soccer I class to the next level. All levels of skill are welcome to learn and enjoy the world's most popular sport! Participants receive a soccer jersey. Shin guards are required at the first class.

#20880..... R \$82/NR \$98
 M 7/10-8/21 5-5:45 p.m.
 Loc: Stipek Park

#20881..... R \$82/NR \$98
 F 7/7-8/18 5:20-6:05 p.m.
 Loc: Cedar Grove Park



RECREATION - TEEN & ADULT

About Boating Safely

(All ages-under 15 with an adult)

This class will give you the knowledge needed to obtain a boat license or safety certification in Washington State, as well as many other states. The certification test is administered at the end of the class.

Topics include: Introduction to Boating, Boating Law, Safety Equipment, Navigation, Trailering, Storing and Protecting Your Boat, Water-skiing and River Boating. Many insurers will offer discounts on boating insurance to boaters who successfully complete the course. BONUS: All students are eligible for a FREE Vessel Safety Exam from the US Coast Guard Auxiliary!

#20208..... R \$25/NR \$29
..... Family 2+ people R \$30/NR \$36
S 6/17 9 a.m.-5 p.m.

Loc: Lytle House

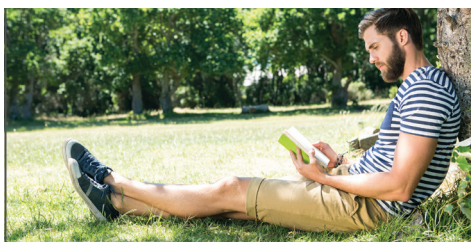


Jr. High Gym Night

(All Junior High Students)

Drop in to shoot some hoops or just hang with friends and have a slice of pizza. This is an award-winning collaborative program between the City of Bothell Parks & Recreation, City of Bothell Fire and E.M.S. and UNCLE PETEZA'S PIZZERIA. Program is also sponsored by Heritage Bank. Not offered on non-school days.

Program will run through June 12
M ongoing 5 - 6:30 p.m. Free
Loc: Frank Love Elementary



Reading Party in the Park

(Adult program – all ages welcome)

City of Bothell Parks & Recreation and the King County Library System partner up for summer fun!

Bring your favorite summer read and join us as we listen to soothing music that complements the reading experience! Local DJs will share ambient, downtempo, neo-classical and relaxing sounds to add a unique dimension to reading in the park. Sign up for a library card and check out books from the Library2Go van. For more information call the Bothell Library at 425-486-7811

Free Event

S 8/5 11 a.m.-1 pm

Loc: Park at Bothell Landing

Juggle 4 Fun (Ages 10 & up)

Come drop in for some summer fun! All levels are welcome – no experience is necessary. Juggling instructions range from the basic 3 ball pattern through a wide variety of advanced 3 and 4 ball juggling patterns. Juggling with clubs and club passing is also taught. Juggling is great for improving hand-eye coordination and is fun for the whole family. The Juggle 4 Fun group has a large selection of juggling props that they freely share with anyone interested in learning.

Free/Drop-In

Wed 6/21 - 8/30* 7 - 8:30 p.m.

Loc: Wilmot Gateway Park
(17301 131st Ave NE,
Woodinville)

*Juggle 4 Fun will meet at 6:30 p.m. on 7/19, 7/26, 8/2 and 8/9 to coincide with the Woodinville concerts in the Park.

Beginning Digital Photography Workshop

(Ages 15 & up)

Are you frustrated with your digital camera? Tired of blurry images, or images that are too dark or too bright? This workshop will teach you what you need to know about how to use your camera to its fullest potential. We will cover the basics including composition, shutter speed, aperture, ISO, white balance and basic flash. Techniques are taught through hands-on exercises that are fun and instructional. Jeffrey Fong is a professional photographer who loves teaching beginning photography and watching people become excited to use their camera.

DSLR or Point and Shoot camera with DSLR features required. Tripod will be necessary for class. Participants must have basic working knowledge of their camera.

#20199..... R \$38/ NR \$45

S 6/24 9 a.m. - Noon

Loc: Lytle House





Cardio Jam (Ages 18 & up)

Cardio Jam is an easy-to-learn and addictive dance fitness workout. This workout will have you moving to a playlist full of your favorite Hip Hop, pop and R&B songs, as well as old school party jams. All fitness levels are welcome. All you need is a desire to get fit, burn a ton of calories and have fun doing it. Bring some water and grab a friend. This will be a workout you won't forget! All classes taught by instructor Christie Laverman. No Class July 17 or September 4.

M 7 - 8 p.m. ongoing

Loc: Lytle House

3 WAYS TO PAY! Due to limitations with our registration system, online registrations can be accepted until the first day of each month for each class. Beginning on the 2nd of each month you must register by mail, walk in to City Hall or arrive early and the instructor can help you get signed up. We are sorry for this inconvenience. All Flex Passes are available online beginning in June.

1. Purchase a 6 visit CARDIO JAM pass.

#20182 June - July..... R \$30/NR \$36

#20183 July - August..... R \$30/NR \$36

#20883 August - September R \$30/NR \$36

2. Purchase a 10 visit CARDIO JAM pass.

#20188 June - September..... R \$50/NR \$60

#20189 July - October R \$50/NR \$60

#20885 August - November R \$50/NR \$60

3. \$8 Drop-In Fee (if space available)

ZUMBA® (Ages 18 & up)

Zumba® is a Latin-inspired dance aerobics class using intervals and body weight resistance to burn fat and sculpt your body. The easy steps require NO dance experience. Bring a water bottle to each class. Classes are taught by Zumba® instructor Amy Larson. Wear comfortable clothes and shoes. No Class July 4, 6, 11, 13, August 22 and 24.



T & Th 9:15 - 10:15 a.m. ongoing

Loc: Lytle House

3 WAYS TO PAY! Due to limitations with our registration system, online registrations can be accepted until the first day of each month for each class. Beginning on the 2nd you must register by mail or walk in to City Hall. We are sorry for this inconvenience. All Flex Passes are available online beginning in June.

1. Purchase a 6 visit Flex Pass and use it at any Zumba class.

#20116 June - July.....R \$30/NR \$36*

*This pass available for purchase June 1

#20117 July - August.....R \$30/NR \$36*

*This pass available for purchase July 1

#20118 August - September.....R \$30/NR \$36*

*This pass available for purchase August 1

2. Purchase a 12 visit Flex Pass and use it at any Zumba class.

#20120 June - September R \$60/NR \$72*

*This pass available for purchase June 1

#20121 July - October R \$60/NR \$72*

*This pass available for purchase July 1

#20122 August - November R \$60/NR \$72*

*This pass available for purchase August 1

3. \$8 Drop-In Fee to all ZUMBA® classes (if space available)



RECREATION - TEEN & ADULT

Yoga for Strength (Ages 18 & up)

Discover the mind/body benefits of yoga while building total body strength and flexibility. You do not have to be flexible to practice yoga! An experienced instructor offers safe, effective options for all levels. Whether you are just getting back into fitness or looking for ways to cross-train in between walking, jogging or other sports, this class helps to build muscle endurance, increase flexibility, prevent injuries, and reduce stress. Movements are performed standing, seated or laying down on the floor. Bring a yoga mat and small towel. Yoga is typically performed barefoot. If you have any questions contact Jenny at jennyferreira@hotmail.com.

No Class June 27 and 29, July 4, August 1 and 3.

Attend one or both days per week

Tuesdays and Thursdays 10:30 – 11:30 a.m.

Loc: Lytle House

Purchase a six-visit flex pass and attend your choice of six classes over a two month period. You can attend all Tuesdays or all Thursdays or a mix of both.

#20225 Begins June 1 R \$54/NR \$64

#20226 Begins July 6..... R \$54/NR \$64

#20886 Begins August 8 R \$54/NR \$64

\$12 Drop-In Fee for the classes listed above



Belly Dance: Beginners (Ages 15 & up)

Learn belly dance while developing personal strength, supportive body awareness, and deepening cultural appreciation. Award-winning instructor and performer, Michelle, teaches this fun, low impact dance in a comfortable welcoming atmosphere. Classes consist of a warm up, drills, fun music and dance with an occasional mini-lesson on culture and history. Wear comfortable workout clothes and a hip scarf or belt. Shoes are not necessary, but if you need arch support or have foot issues many dance supply stores carry specialty jazz or ballet slippers. Contact Michelle for more information: bellydancermichelle@gmail.com www.michellebellydance.com Registrations must be received by the Monday before each session begins. *No Class on 6/28, 8/23.

Loc: Lytle House

#20094..... R \$66/NR \$79

W 6/7-7/19* 7-8 p.m.

#20093..... R \$55/NR \$66

W 7/26 – 8/30* 7 – 8 p.m.

This is a five-week session.

\$15 Drop-In Fee for the classes listed above

Intermediate Yoga (Ages 16 & up)

This class will emphasize refinement of basic poses. We will explore inversions, backbends, forward bends and twists on a deeper level. Students must have 6 months minimum previous yoga experience. Instructor Debby Bliss has been practicing yoga for over 20 years and is a Certified Purna Yoga teacher at the 2000 hour level. Required props are two yoga blocks, an eight-foot yoga strap, and a sticky mat.

Loc: Lytle House

#20887..... R \$44/NR \$53

Th 7/13 – 8/3 6:30 – 8 p.m.

This is a four-week session.

\$15 Drop-In Fee for the class listed above

SCOOP IT, BAG IT, TRASH IT

Pet waste left on yards and planting strips gets washed into local streams, making contact with the water a human health risk. Dog waste, just like human waste, is raw sewage and contains harmful bacteria like E. coli that can make people and pets sick.

The great news is that it's easy to protect ourselves and our streams! Simply SCOOP THE POOP, BAG IT, AND PLACE IT IN THE TRASH.





FIT4MOM Eastside Classes

(Open to all moms)

FIT4MOM Eastside has partnered with the City of Bothell Parks & Recreation to bring you Stroller Strides and Stroller Barre! Stroller Strides is a stroller-based fitness class designed for moms to do with their little ones. Each 60-minute, total body workout incorporates power walking, strength training, abdominal work and stretching.

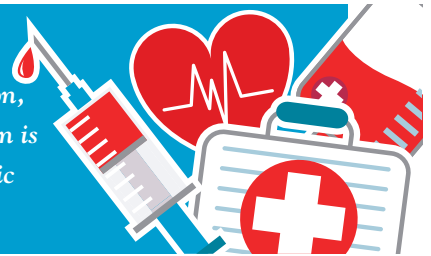
Stroller Barre is a unique blend of ballet, Pilates, barre, yoga and stroller-based exercises designed to help moms build strength and muscle tone and improve posture. Visit www.eastside.fit4mom.com for our complete class schedule including times, days and fees. All payments are taken at class. Contact Erin Houg with any questions at erinhoug@fit4mom.com.

M, W, F, Sa 9:30 - 10:30am

Loc: Park at Bothell Landing

CPR & FIRST AID CLASSES: Individuals, Businesses & Groups

Classes are taught by City of Bothell Fire and E.M.S. For registration information, please contact City of Bothell Parks & Recreation at 425-806-6760. Registration is required for all classes. For specific CPR/First Aid class questions, contact Public Educator Kirsten Clemens at 425-806-6106 or kirsten.clemens@bothellwa.gov.



Adult/Child CPR and AED

This course teaches participants CPR and to use the AED (Automated External Defibrillator) for adults (eight years old and above) and children (one to eight years old). Participants learn how to recognize and respond to life-threatening medical emergencies, such as heart attack, cardiac arrest, stroke, and choking. This course meets workplace requirements and upon successful completion, you will receive an American Heart Association student manual & certification card valid for two years. Please note: this class does not include First Aid and does not meet the requirements for Healthcare Provider CPR/AED. Registrations must be received by the Monday before class begins.

Loc: Downtown Firehouse

#20191.....	R \$46/NR \$56
T 6/20 5-7:30 p.m.	
#20192.....	R \$46/NR \$56
T 7/25 5-7:30 p.m.	
#20193.....	R \$46/NR \$56
T 8/22 5-7:30 p.m.	

Basic First Aid

Learn the most common medical and injury emergencies, such as treating shock, opening an airway, controlling bleeding, and much more. This course is meant to meet workplace requirements and upon successful completion, you will receive an American Heart Association student manual & certification card valid for two years. Please note: this class does not include CPR. CPR and AED classes are also available, please see course offering at left. Registrations must be received by the Monday before class begins.

Loc: Downtown Firehouse

#20195.....	R \$45/NR \$54
T 6/20 7:30-10 p.m.	
#20196.....	R \$46/NR \$56
T 7/25 7:30-10 p.m.	
#20197.....	R \$46/NR \$56
T 8/22 7:30-10 p.m.	



Our instructor-facilitated online courses are informative, fun, convenient, and highly interactive. All courses run for six weeks (with a two-week grace period at the end). Courses are project-oriented and include lessons, quizzes, hands-on assignments, discussion areas, supplementary links, and more. You can complete any of these courses entirely from your home or office and at any time of the day or night.

How to Get Started:

1. Choose a class from the choices listed in our Online Instruction Center www.ed2go.com/bothell. We have listed the sections, or areas of study, below. Each section may have many classes offered.
2. Fill out the registration form completely and mail/fax/walk it in to Bothell Parks and Recreation with payment.
3. Once you have registered with the Bothell Parks and Recreation, go back to our Online Instruction Center www.ed2go.com/bothell
4. Click the Orientation link and follow the instructions. During orientation, you will learn important information about your course. You will be provided an opportunity to choose the name and password you will use to access your course.
5. When your course starts, return to our Online Instruction Center and click the Classroom link. To begin your studies, simply log in with the name and password you selected during orientation.

Start Dates: A new section of every course in this catalog will begin on June 14, July 12, August 16

Requirements: All courses require internet access, email, Microsoft Internet Explorer or Mozilla Firefox web browser, and the latest Adobe Flash and PDF plug-ins. Most of our courses are Mac-compatible. Please visit our Online Instruction Center for more information.

Class Fees:.....R \$87/NR \$104

Make sure to go to www.ed2go.com/bothell to see a complete list and description of class offerings. There is something for everyone!

ACCOUNTING BASIC COMPUTER LITERACY BUSINESS ADMINISTRATION CAREER DEVELOPMENT CHILDCARE & PARENTING COMPUTER APPLICATIONS COURSES FOR TEACHING PROFESSIONALS DATABASE MANAGEMENT DIGITAL PHOTOGRAPHY ENTERTAINMENT INDUSTRY FAMILY & FRIENDS GRANT WRITING/NONPROFITS GRAPHIC DESIGN HEALTH CARE, NUTRITION, & FITNESS THE INTERNET LANGUAGES PC NETWORKING/TROUBLESHOOTING PERSONAL ENRICHMENT PERSONAL SALES AND MARKETING START YOUR OWN BUSINESS TEST PREP WEB & COMPUTER PROGRAMMING WEB GRAPHICS & MULTIMEDIA WEB PAGE DESIGN WRITING & PUBLISHING